

SEEKONK COUNCIL ON AGING

February 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Happy Valentine's Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500 Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15	4 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	5 Round Table with the Director 10am Lunch: Pizza & Salad for \$3 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	6 Art Class 9-11	7 Wil Fun 10am Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm
10 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500 Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15	11 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	12 Valentine Day Party @ 10am Lunch: French Meat Pie for \$3 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	13 Art Class 9-11 Men's Breakfast @ 8:30 am Toti's Restaurant	14 Wii Fun 10am Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm
17  Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	18 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	19 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	20 Art Class 9-11 Women's Brunch @ 10:00am Toti's Restaurant	21 Wii Fun 10am Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm
24 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500 Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15	25 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	26 TRIAD: Diabetes Association Lunch: American Chop Suey for \$3 Brown Bags Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	27 Art Class 9-11	28 Wii Fun 10am Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm

